

## Syllabus

# ***Making the Most of Storytime: Using Children's Books to Teach Emotional Intelligence***

## Course Overview

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**Making the Most of Storytime: Using Children's Books to Teach Emotional Intelligence**, provided by Housman Institute, is designed to support caregivers such as educators and administrators, parents and guardians, social workers, and health and mental health professionals in fostering the skills of emotional intelligence in children using storybooks. In this course, caregivers will learn about the building blocks of emotional intelligence and how to support children in developing emotional identification, understanding, expression, and regulation through the important conversations between adults and children about emotions, which is referred to as Causal Talk, or CT. Caregivers will also learn about the importance of storybooks as a tool for promoting the skills of emotional intelligence in children, and how to apply CT strategies to support these skills during storytime.

This course supports caregivers in learning the language and strategies needed to turn every storytime into learning experiences for children. Storybooks teach children important lessons about different emotions, experiences, and challenges, as well as ways to solve problems, resolve conflicts, and feel better. Through the experiences of characters in storybooks, children learn the skills of emotional intelligence – the ability to recognize and identify emotions, understand the differences between emotions and what caused them, express emotions constructively, and manage heightened emotions. Each module contains learning objectives, an instructional video, an interactive scenario-based activity to inform and support learning, and resources.

## Course Goals

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Caregivers will be able to identify the four quadrants that make up the building blocks of emotional intelligence. They will also learn about Emotion Knowledge, which is the ability to recognize, identify, and understand different emotions and their causes, and how to guide children in developing these skills through three steps: building emotion vocabulary, reflection, and building social competence using Causal Talk, or CT. At the end of this course, caregivers will be able to apply CT language and strategies for using storybooks as a tool to support children's development of these skills.

In this course, caregivers will explore and learn through three sequential modules:

- **Module 1:** Getting to Know Emotional Intelligence
- **Module 2:** Using Storybooks to Foster Emotional Intelligence
- **Module 3:** Making Every Storytime ECSELent

## Course Objectives

By the end of this course, learners will be able to:

- Identify the building blocks of emotional intelligence, the three steps of developing children's Emotion Knowledge, and Causal Talk (CT)
- Recognize the importance of storybooks for children's development of emotional intelligence
- Apply Causal Talk (CT) to support children's development of emotional intelligence, Emotion Knowledge, and problem-solving skills using storybooks as a tool

## Course Outline

Course	Learning Goals
<p><b>Module 1: Getting to Know Emotional Intelligence (20 min)</b></p> <p>Emotions are a universal language that connects us all, making emotional intelligence so important for both children and adults...but what is it really? Caregivers need to understand emotional intelligence first in order to support children in developing these necessary skills for success in learning and in life.</p> <p><b>Activities</b></p> <ul style="list-style-type: none"> <li>• Pre-Assessment</li> <li>• Course Overview</li> </ul>	<p>By the end of this module, learners will be able to:</p> <ul style="list-style-type: none"> <li>• Identify the four quadrants of emotional intelligence, the three steps of developing Emotion Knowledge, and Causal Talk (CT)</li> <li>• Recognize how Causal Talk (CT) can be used to support children's development of Emotion Knowledge</li> </ul>

## Courses Outline (cont.)

- The Building Blocks of Emotional Intelligence Video
- Part I: Four Quadrants Match & Define Activity
- Emotion Knowledge & Causal Talk Video
- Part II: Match The Step to the Causal Talk Strategy Activity
- Review & Resources

### Module 2: Using Storybooks to Foster Emotional Intelligence (20 min)

Caregivers have a big responsibility when it comes to guiding children through challenging experiences and the big feelings that come from them. Storybooks are a powerful visual tool that help children safely explore these experiences while developing the skills of emotional intelligence. Reading about characters that children relate to and resonate with presents the perfect teaching and learning opportunity. With the guidance of caregivers, storybooks become a way for children to learn how to constructively express and manage their own emotions, solve problems, and feel understood.

#### Activities

- The Power of Causal Talk & Storybooks for Children's Emotional Intelligence Video
- Causal Talk Storybook Read Aloud Scenario Activity
- Review & Resources

### Module 3: Making Every Storytime ECSElent (20 min)

Every storytime has ECSElent potential. Caregivers can take advantage of this time to read stories about characters that both mirror children's lives and teach them new perspectives. By engaging in storytime with children, caregivers can spark important conversations that guide children to identify characters' emotions, understand what caused

By the end of this module, learners will be able to:

- Describe the importance of storybooks as a tool for fostering children's emotional intelligence
- Identify Causal Talk (CT) language that aligns with each of the four quadrants of emotional intelligence while reading storybooks with children

By the end of this module, learners will be able to:

- Describe the importance of storybooks as a tool for fostering children's emotional intelligence

## Courses Outline (cont.)

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them new perspectives. By engaging in storytime with children, caregivers can spark important conversations that guide children to identify characters' emotions, understand what caused them, learn how to constructively express different emotions, and learn strategies for how to regulate that can be applied to their own lives. Additionally, children learn important lessons in problem-solving, compromise, negotiation, and perspective-taking that make them more empathetic individuals, and it all starts with you as caregivers.

### Activities

- Making Every Storytime an ECSELent Opportunity for Teaching Emotional Intelligence Video
- Do It Yourself! Causal Talk & Storybook Exploration Activity
- Review & Resources
- Additional Learning Outro Video
- Post- Assessment

## Technology Requirments and Support

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To optimize your learning experience, please use Google Chrome, Mozilla Firefox, or Safari on a desktop or laptop computer. If you need to contact your Housman Institute administrator for technical support, please use the live chat button on the platform, or submit a support request ticket on the Support page. Your administrator will reply within 48 business hours.